



Calgary Association of Self Help 2009 - 2010 Annual Report



taking care of
mental health



Calgary Association of Self Help Trusted. Respected. Since 1973.

For 36 years, we have been your community mental health centre.

With your support, Calgarians with an enduring mental illness have come to rely on Calgary Association of Self Help for the best in client-centered, flexible programs and services that promote the abilities of adults with a mental illness.

Our gratitude, as always, goes to:

- Our lifeline of 136 Volunteers who donated 10,766 hours, adding balance and strength to all areas of the Association's operations
- Our dedicated Board of Directors who continued to guide our capacity for growth and excellence and this year welcomed the Sustainability Committee's energy and focus on fund development and communication strategies for the Association
- Our staff whose invaluable contributions of skill, compassion and tireless dedication ensure that our programs are responsive to the needs of the people we serve
- Maria Ochitwa, Instructor for Occupational & Leisure Skills, and Mark Spelitz and Shelley Juss, Mental Health Workers, who have all reached their 5 year milestone as valued staff members at Calgary Association of Self Help.

Thank you all for your commitment to the individuals we serve, and for sharing your skills and compassion with Calgary's mental health community.

Your gifts open doors.

For 36 years, our Board, Volunteers and Staff have worked hard for Calgary, and with the support of Alberta Health Services and many individuals, corporations and foundations, we continue to meet the needs of our community. Thank you.

**Hans den Boer
Chairperson**

**Marion McGrath
Chief Executive Officer**

Client-centered. Flexible. Programs and Services.

- **1,084 individuals registered for programs and services**
- **Total number of support/counselling sessions was 7,991**
- **Overall attendance in our nine specialized programs was 38,799**



MISSION

Calgary Association of Self Help provides client-centered, flexible services promoting the abilities of adults with a mental illness.

This is accomplished through support counselling, skill development and social/recreational programs.

Healthy connections with 771 people

The Resource Activity Centre provides a meeting place where participants enjoy a variety of activities, support, direction in times of need and connection with others.

Gifts of time, skill and friendship from 136 folks brought balance to all with 10,766 volunteer hours

The Volunteer Program offers clients and interested community members who have empathy, understanding and a genuine interest in working with people who have a mental illness, a variety of volunteer opportunities tailored to meet their skills and interests. All our volunteers receive orientation and training, and then ongoing support and recognition.

89 individuals learned more about mental health and maintained it through sharing

Mental Health Support Groups are “drop-in” groups facilitated by staff, providing a forum where participants can share their thoughts and feelings about personal issues in a safe, supportive environment.

44 brave souls tackled life’s questions and found hope together

The Life Skills and Initiatives Programs are self-development courses which utilize a behaviour change approach that concentrates on the development of interpersonal skills to help individuals cope more effectively in their daily lives. Skill areas include communication, self-esteem, interpersonal relationships, assertiveness, stress-management, anger-management, problem-solving and decision-making.

16 people experienced life to the fullest

Creative Arts focuses on creative activities in a social environment where participants learn and develop skills in various arts and crafts media and have opportunities to develop connections with others through a variety of social activities.

HELPING EACH OTHER

31 people explored healthy living options

Activities of Daily Living teaches healthy living options and daily living skills where participants gain “hands-on” experience in areas of nutrition, meal preparation, budgeting and money management and household management.

30 people connected with others through activities for their mental wellness

Occupational & Leisure Skills is a multi-activity program that promotes skill development, creative expression and connections with others through activities that focus on: therapeutic arts and crafts, healthy lifestyles, daily living skills and community outings.

46 folks saved the environment, addressed poverty and learned skills with others

The Recycling Project provides skill development for participants and a valuable service for the clientele of the Association. Participants volunteer their time and work with staff to prepare donated items for our Garage Sales, where clients of the Association and members of the community can make their homes more comfortable by acquiring much-needed items at modest prices.

76 writers re-discovered and shared their strengthened voices

Writers’ Club participants are given opportunities to explore their creativity through the written word. Through a variety of classes, participants develop writing skills and an appreciation for the literary arts.

70 artists found well-being and meaning through creativity

The Art Program participants are given the opportunity to explore the visual arts in classes that encourage artistic expression through a variety of media.

BRIDGE THE WAY TO WELLNESS

**Calgary Association of Self Help
Statement of Financial Position
Year Ended March 31, 2010**

	2010	2009
Assets		
Current		
Cash and Term Deposits	\$455,723	\$539,978
Accounts Receivable	12,059	8,290
Interest Receivable	212	4,262
Prepaid Expenses	24,349	24,592
	<u>492,343</u>	<u>577,122</u>
Property and Equipment	3,455	6,655
	<u>\$495,798</u>	<u>\$583,777</u>
Liabilities		
Current		
Accounts Payable and Accrued Liabilities	\$ 5,458	\$ 15,595
Prepaid Program Funding	318,606	375,808
	<u>324,064</u>	<u>391,403</u>
Net Assets	171,734	192,374
	<u>\$495,798</u>	<u>\$583,777</u>

**Statement of Operations and Net Assets
Year Ended March 31, 2010**

	2010	2009
Revenue		
Alberta Health Services	\$1,766,648	\$1,698,700
Fundraising Revenue	87,852	90,662
Donations	58,808	52,692
Earned Revenue	35,860	39,302
Anonymous Grant	35,855	157,295
Community Spirit Grant	25,000	-
Bequest	10,000	-
Interest Income	1,606	14,427
Membership Revenue	252	249
	<u>\$2,021,881</u>	<u>\$2,053,327</u>
Expenses		
Human Resources	\$1,315,873	\$1,270,240
Facility	561,541	616,821
Program Expenses	152,372	127,880
Administration	43,396	30,817
Fundraising	16,399	12,031
Equipment Expense	6,942	6,208
Amortization	3,200	2,218
	<u>\$2,099,723</u>	<u>\$2,066,215</u>
Excess (Deficit) From Operations	(77,842)	(12,888)
Other Revenue/Transfers	57,202	8,981
Revenue transferred from Deferred Revenue	<u>(20,640)</u>	<u>(3,907)</u>
Net Excess (Deficit)	192,374	196,281
Net Assets – Beginning of Year	192,374	196,281
Net Assets – End of Year	<u>\$ 171,734</u>	<u>\$ 192,374</u>

Calgarians with a mental illness require a community mental health centre that provides them with programs and services to bridge the way to mental wellness.

thank you

Alberta Culture and Community Spirit	Glue Solutions
A.K Brown Refrigeration & Air Conditioning Ltd.	Grand & Toy
Alberta Health Services	Imperial Oil/Exxon Mobil
Anonymous Donor	La Perle Et Ses Citadelles Ltd.
ARC Resources Ltd.	Newdog Inc.
August Electronics	Organization for Bipolar Affective Disorders Society
Bears paw Benevolent Foundation	Past Matrons, OES Chinook Chapter #133
Canada Helps Foundation	Price Enterprises (1995) Ltd.
Cenovus Energy Ltd.	Private Giving Foundation
Champagne Holdings Ltd.	Shaw Cable
Coffee Concept	Shell Canada Limited
Dakota Deli	Shell Canada Limited Employees
EnCana Cares Foundation	Talisman Energy Inc.
EnCana Corporation	TELUS Communications Co.
Equity Funding Corporation	Tech Soup Stock Consumer Service
Exxon/Mobil Canada Ltd.	United Way of Calgary and Area Donor Choice
Gamblers Anonymous	William Aberhart High School Music Students
Cheryl and Bill Gardner	
Fortis Alberta	

Thank you also, to the individuals who bring awareness to our mission and share their time, funds and recycled goods.

The Community Spirit Donation Program leveraged your 2008/2009 donations with a \$13,378 grant to Calgary Association of Self Help.



**OPEN 364 DAYS A YEAR. 78 HOURS A WEEK.
MEETING MENTAL HEALTH NEEDS.**

We make mental wellness our priority

Board of Directors and Officers

Dr. Hans den Boer, *Chair*
Irene MacEachern, *Vice Chair*
Dr. Kam Jugdev, *Secretary*
Tony Aruleba, *Treasurer*
Faye Thompson, *Assistant Treasurer*
Angela Tompson
Brianne O'Ferrall
Henning Borchert
Nick Diklich
Pauline MacLean
Peter Mackenzie
Scott Phillips
Serey Sinn
Rosemary Bussi*
Steve Armstrong*
Linda Postill *

Administration

Chief Executive Officer
Marion McGrath
Chief Operating Officer
Anneisa Lauchlan
Fund Development/Communications Officer
Cory Wilson
Bookkeeper
May Jin
Administration/Systems Analyst
Sharon Kolibar

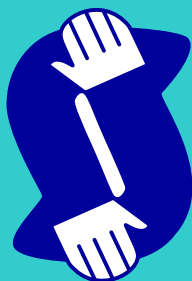
Resource/Activity Centre Team

Program Director
T. Lynne Hodgins
Coordinator of Volunteers
Beverly Wadsworth
Recreation Coordinator
Brian Wilkinson
Franka Poitevin
Joseph Currie
Julien LePage
Kari Musgrove
Kelley Sallenbach
Mark Spelitz
Meagan Rusnak
Shelley Juss
Todd Cockrill
Desiree Kopp*
Paula Borrowman*
Terrance Jackson*

Community Supports & Skill Development Team

Darlene Trudel
Jane Kubke
Linda Dolen
Nora Lawson
Maria Ochitwa
Marlene Johnsrude
Sue Cairns
Melissa Parsons*

*resigned/leave of absence mid-term



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